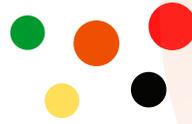


# FREQUENTLY ASKED QUESTIONS



**Q: Can I ever eat carbs again?**

A: Of course you can! Keto is only the journey towards metabolic flexibility. The goal is to begin to carb-cycle once you reach certain markers and or plateaus. This is introduced to you at the right times for specific which will sustain the health and weight loss benefits that keto gave you. (See Metabolic Flexibility)

**Q: Can I have “Cheat Meals” on the ketogenic diet?**

Depends on how fast you want results. However, yes, sometimes “Cheat meals” may support overcoming a weight loss plateau. But it needs to be strategical and intentional.

**Q: How much protein is too much protein?**

A: Protein intake should be moderate as a very high protein intake can convert into glucose, spike your insulin and this could affect your ketone production and stop it, “Kicking you out of Ketosis.” By staying under 35% of your calories for protein and focusing on strictly fatty proteins such as, chicken thighs, fat steak, Rib Eye and Ground Beef, Salmon, Pork, Bacon Sausage, will ensure that the protein does NOT kick you out of ketone production.

**Q: How long does it take to get into Ketosis?**

A: Everyone's level of insulin resistance or sensitivity is different. For a relatively healthy person with low levels of insulin (insulin sensitive) may take 24 to 48 hours. For someone with high levels of insulin (insulin resistance) may take up to 5 days, or perhaps a bit longer. In order to get into ketosis, you must burn the glucose from your blood, liver and muscles.

**Q: What is keto in the fewest words possible?**

A: Keto is any "diet" where carbohydrate intake is low enough that the liver starts producing ketones (Insulin levels determines the amount of fat needed to produce ketones)

**Q: How should I track My Carb Intake?**

A: I have a no-nonsense approach to this. Ketosis is the absence of insulin. As long as you are only eating vegetables for your carbs, and unless you are eating more than 2 Cups of Artichokes per day, there is no need to track carbs. Why focus on something you shouldn't be doing? Don't eat carbs!

**Q: Do I need to count calories?**

A: No, instead focus on Macro-nutrients and Micro-nutrients which teaches you how to eat foods that are rich in nutrient density. Only if you're trying to gain size/weight/muscle, nutrient dense foods are all that matter.



**Q: What do I do if I get constipated?**

- A:
1. Take a Magnesium supplement
  2. Drink extra water
  3. Eat One Tbsp of Coconut Oil
  4. Stop eating nuts if you are
  5. Eat higher fibrous veggies (See Understanding Pre & Pro, Fiber & Potassium)
  6. Eat 1 Tbsp of Chia Seeds or Flax Seeds

**Q: I stopped losing weight. What do I do now?**

A: Experiencing plateaus is more common than you think, and that's ok. There's a number of reasons that could be the problem. You can try a different number of methods that may help you out – ranging from cutting certain foods out of your diet to changing your eating patterns through intermittent fasting or fat fasting, detoxing, low glycemic carb cycling, carb loading days and even fat loading days. Here's a list of common suggestions advised to people that are not losing weight.

1. Cut out dairy
2. Up your fat intake (Common mistake is not getting enough dietary fats)
3. Decrease carb intake
4. Stop eating Nuts
5. Stop eating gluten (Healthy Keto)
6. Cut out hidden Artificial Sweeteners such as Sucralose and Maltodextrin
7. Look for hidden Carbs in Condiments
8. Eliminate ALL processed foods



**Q: What if I don't have a Gall Bladder?**

A: As keto is approximately 70% fat, the purpose of the gall bladder is to store and concentrate bile (detergent that dissolves, emulsifies, the fats and grease) which breaks down fats in the digestive tract.

**Q: What do I do if I experience Gall Bladder Stones?**

A: Check with your doctor before taking this advice. This is not intended to replace medical advice. Utilize Cod Liver Oil and purified Bile Salts

**Q: What do I do if I experience Kidney Stones?**

A: Check with your doctor before taking this advice. This is not intended to replace medical advice. Take 400 mgs of Potassium and 4 ounces of lemon and or lime juice in the morning for 5 days.

**Q: What do I do if I experience Gout?**

A: Check with your doctor before taking this advice. This is not intended to replace medical advice. Take 400 mgs of Potassium and 4 ounces of lemon and or lime juice in the morning for 5 days.

**Q: What are macros and should I count them?**

A: The term “Macro-nutrients” refers to the amount of Fat, Protein and Carbohydrates you should be taking in on a daily basis. While macros are indeed necessary to follow when aiming for a desired outcome, they are not as important in the beginning stage. Keeping the traditional 70% Fat, 25% Protein and 5% Cruciferous vegetables in the first month is crucial for transitioning into a deep state of Ketosis, smoothly and safely. As you progress in your journey macros matter

**Q: Can I eat too much fat?**

A: For the first few weeks in Keto, going over your daily allowance for fat is ok. Our goal the first month is mainly on transitioning your metabolism smoothly and safely. Once you begin feeling good and having more energy, then staying under your daily allowance will support fat loss, if losing weight is your goal. Otherwise, if you’re on maintenance mode, going over a bit is no big deal.

**Q: How can I tell I’m in Ketosis?**

A: If you have eliminated carbs and have plenty of energy, you’re in Ketosis. Carbs converts into glucose which converts into energy. Fats convert into Ketones which converts into energy.



**Q: How does Ketosis work?**

A: Ketosis is a metabolic state of being in which it utilizes dietary fats to convert into energy, which are known as Ketones. Glycolysis is a metabolic state in which it utilizes dietary carbs to convert into energy, which is known as glucose.

**Q: Is the Keto diet dangerous?**

A: First of all, we were ALL born into Ketosis. However, since keto brings major changes to the way our body has been functioning with carbohydrate toxicity, you may experience a few minor withdrawal symptoms. After all, our brain knows no difference between Cocaine and sugar.

**Q: Should I workout during my transition?**

A: 2 different answers for 2 styles of exercising. If you're someone that does a lot of cardio – running, biking, marathons, or the like, then you don't need to worry. Studies have shown that aerobic training (endurance training) isn't affected by low carbohydrate diets. If you're lifting weights, it's a different story. We don't need carbohydrates, but they do have the ability to help with your performance and also help with the recovery of your muscles. Which manifests in faster gains, and better strength performance in your training sessions.



**Q: I just started and I feel like crap. What should I do?**

A: As you are transitioning your metabolism into Ketosis, you become a fat burning, detoxing machine. Which means you need to be more diligent with your water, vitamins and trace minerals. Sodium, Potassium, Magnesium and higher dietary fat intake. (See Transition Card for “Keto-flu”) Since ketosis has a diuretic effect on our bodies, we end up peeing a lot more than usual. Factor that in with our bodies burning up the lasting glycogen stores, and you have yourself a big nutrient deficiency.

**Q: Should I work out during my transition into ketosis?**

A: 2 different answers for 2 styles of exercising. If you're someone that does a lot of cardio – running, biking, marathons, or the like, then you don't need to worry. Studies have shown that aerobic training (endurance training) isn't affected by low carbohydrate diets. If you're lifting weights, it's a different story, based on your goal. Carbohydrates do have the ability to help with your performance and also help with the recovery of your muscles. Which manifests in faster gains, and better strength performance in your training sessions.



## Q: **What about heart attacks from all the fat?**

A: The truth behind heart attacks and heart disease is the combination of a high fat, high carbohydrate, and high protein diet (aka, The Standard American Diet). When we combine these foods, for an extended period of time the body is in a constant state of high insulin levels and creates high blood pressure and ultimately leads to heart disease.

The 3 main fat groups we eat are **Saturated fats**, **Monounsaturated Fats**, and **Polyunsaturated fats**.

The general consensus used to be that **Saturated fats** were terrible for us and that there was a clear link between saturated fats and heart disease. But in the most recent years, saturated fats have shown to not only NOT cause heart attacks, but improve cholesterol levels. You can eat them without worry. Ideally, you'd really only want to take in 20% of your fats as Saturated. (Fatty Animal Proteins, Grass-fed Butter, Ghee, Coconut oil, and Lard)

**Monounsaturated fats** are pretty known to be "healthy" and are generally accepted as so. Nuts, Seeds, Avocado/Oil, and EVO Oil lowers risk of heart disease and lowers cholesterol and triglycerides.

Last but definitely not least, there's **Polyunsaturated fats**, which can be tricky. Processed PUFA's (margarine and vegetable oils and seed oils) are horrible for us, and usually contain Trans Fats. They DO have a negative effect with heart disease and at all costs should be avoided. However, there are naturally occurring PUFA's in fatty fish animal protein, which are great for us and will improve cholesterol and triglyceride levels.

